

Experiences Related to Fibromyalgia

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

The **Time Out for Sleep CD** has been very beneficial for me and others in my support group who have the physiological sleep problems that are inherent with Fibromyalgia. It enables one to get the deep sleep required for healthier functioning of the body. **De-Discomfort** and **Pain Management** are also favorites to help alleviate the all over body pain.

I conduct *Hemi-Sync* workshops for those who suffer from the sleep disturbances associated with Fibromyalgia. One participant's sleep pattern was so disrupted that she could not sleep without drugs, ever. She could be so fatigued that her vision blurred, and she stumbled while walking, yet when she tried, she could not sleep. During the first day of the workshop, she was awakened by another participant snoring (another success story) and started crying. It was the first time she had been asleep without drugs in 18 months. The following Monday morning, we received a call from her stating she'd had two full nights of undisturbed sleep while using *Hemi-Sync* sleep tapes. She and the other participants report similar experiences and continue to benefit from the tapes.

Dysfunctional sleep had been one of my wife's most disturbing Fibromyalgia symptoms. During the week she spent at The Monroe Institute taking the Gateway Voyage program, she enjoyed quality sleep for the first time in a long while and continues to benefit from improved sleep with the use of *Hemi-Sync* tapes at home.

I tried the Time Out for Sleep CD to see if it would help me overcome the sleep disorder that accompanies FMS. It really works, and my recovery has been rapid. It is now possible to walk upstairs without pain, and my body is pain free a lot of the time. One or two "Time Out" naps a day keep the chronic fatigue at bay. There are more comfortable times than painful ones, and I'm optimistic about full recovery.

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